

Alcohol, Drug and Substance Misuse

Change, Grow, Live (CGL) –

Helpline: 01623 703 373

Website: <https://www.changegrowlive.org/>

Email: nottsy.admin@cgl.org.uk

Talk to Frank –

Helpline: 0300 123 6600

Website: [Honest information about drugs | FRANK \(talktofrank.com\)](https://www.talktofrank.com)

The Mix –

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](https://www.themix.org.uk)

Bereavement

Cruse –

Helpline: 0808 808 1677

Website: www.cruse.org.uk

Winston's Wish –

Helpline: 0808 802 021

Website: www.winstonswish.org

Bullying Support

Anti-Bullying Alliance –

Website: [Anti-bullying-week Top-Tips.pdf \(anti-bullyingalliance.org.uk\)](https://www.antibullyingalliance.org.uk)

Bullying UK –

Website: www.bullying.co.uk

YoungMinds –

Parents Helpline: 0808 802 5544

Website: [Bullying \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Criminal and Sexual Exploitation Support

Fearless –

Website: [Home - Fearless](#)

Knife Crime – Knife Free

Website: [Live #knifefree](#)

Victim Support (Crime Focuses) –

Helpline: 0808 168 9111

Website: [Children and young people - Victim Support](#)

Domestic Abuse

Broxtowe Women's Project (BWP) –

Contact Number: 01773 719 111

Text Service: 07914 634 190

Website: www.broxtowewomensproject.org.uk

Equation –

Contact Number: 0115 962 3237

Website: www.equation.org.uk

Email: info@equation.org.uk

JUNO Women's Aid –

Helpline: 0808 800 0340

Referral Phone Number: 0115 947 6490

Office Phone Number: 0115 947 5257

Email: enquiries@junowomensaid.org.uk

Eating Disorders

Action for Children -

Website: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/self-esteem/child-eating-habits-disorder/>

Emotional Health and Wellbeing

KOOTH –

Website: www.kooth.com

MIND –

Helpline: 0300 123 3393

Website: www.mind.org.uk

Email: info@mind.org.uk

Mindshift – MOBILE APP

stem4 –

Website: www.stem4.org.uk

Stress Tips – MOBILE APP

YoungMinds –

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

Exam Stress Support

The Mix –

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

MIND –

Website: [14 ways to beat exam stress | Mind, the mental health charity - help for mental health problems](#)

Samaritans –

Website: [Exam Stress | Coping Strategies | DEAL | Samaritans](#)

YoungMinds –

Website: [Wellbeing Tips For Secondary Students During Exams \(youngminds.org.uk\)](#)

Healthy Relationships

Disrespect Nobody –

Website: [Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more.](#)

The Mix –

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

LGBTQ+ Support

ThinkUKnow –

Website: [Supporting LGBTQ+ young people online \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk)

Stonewall –

Helpline: 0800 050 2020

Website: [Help & Advice | Stonewall](https://www.stonewall.org.uk)

Switchboard –

Helpline: 0300 330 0630

Website: [Switchboard LGBTQ+ Helpline](https://www.switchboard.org.uk)

Mental Health

Child and Adolescent Mental Health Service (CAMHS)

Contact Number: 0115 8542 299

Email: CAMHSSPA@nottshc.nhs.uk

KOOTH –

Website: www.kooth.com

MIND –

Helpline: 0300 123 3393

Website: www.mind.org.uk

Email: info@mind.org.uk

The Mix –

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](https://www.themix.org.uk)

NottAlone -

Website: www.nottalone.org.uk

stem4 –

Website: www.stem4.org.uk

YoungMinds –

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

Mindfulness and Meditation

Headspace – MOBILE APP

Mind Full –

Website – www.mindful.org

Stop, Breathe and Think – MOBILE APP

Online Safety

Child Exploitation and Online Protection (CEOP)

Website: <https://www.ceop.police.uk/safety-centre/>

Internet Watch Foundation (supporting parents remove explicit images from the internet) –

Website: [Homepage | Internet Watch Foundation \(iwf.org.uk\)](http://Homepage | Internet Watch Foundation (iwf.org.uk))

The Mix –

Helpline: 0808 808 4994

Website: The Mix - Essential support for under 25s

ThinkUKnow –

Website: Thinkuknow - home

Out of School Opportunities

Nottinghamshire County Council – Youth Service

Contact Number (Kimberley): 0115 938 4349

Contact Number (Eastwood): 01773 536 010

Contact Number (Beeston): 0115 939 2771

Contact Number (Stapleford): 0115 925 4575

Overall Family Support

Broxtowe Children's Centres –

Email for referrals and enquires: cc.broxtowe@nottscc.gov.uk

Early Help Unit –

Contact Number: 01623 433 500

Email: early.help@nottsscc.gcsx.gov.uk

Overall Health

Healthy Family Teams Contact Details –

Advice Line: 0300 123 3387 (option 4)

Parentline: 07520 619919 (text only)

Family Nurse Partnership: 01623 484829

Health for Teens –

Contact Number: 07507 329952 (text only, 11-19 year olds)

Website: www.healthforteens.co.uk

The Mix –

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

Self-Harm

Harmless –

Website: www.harmless.org.uk

stem4 –

Website: www.stem4.org.uk

SEN Support

Breakaway (Arts Activities for SEN students)

Contact Number: 07400 242 017 (Siobhan)

Email: Siobhan.d@transformtraining.org.uk

Disability Support Team (Youth Clubs for SEN young people aged 13 – 24 years old)

Contact Number: 0794 927 0038 (Carol Greaves)

Email: carol.graves@nottsscc.gov.uk

Small Steps Nottinghamshire (NHS) –

Contact Number: 01623 672 152 / 07966 528 940

Sexual Abuse/Harassment Support

ChildLine (Support for Professionals) –

Helpline: 0808 800 5000

Disrespect Nobody –

Website: [Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more.](#)

Rape Crisis –

Helpline: 0808 802 9999

Website: [Home | Rape Crisis England & Wales](#)

Survivor's Trust –

Helpline: 0808 801 0818

Website: [The Survivors Trust](#)

Urgent Safeguarding Concerns

MASH –

Contact Number: 0300 500 8090

Online Referral Form: [Report a new concern about a child | Nottinghamshire County Council](#)

Moira Cordon (School Advisor): 0115 804 2525

MARF –

Contact Number: 0115 876 4800

Referral form email: candfdirect@nottinghamcity.gov.uk

Consultation Line: 07711 189544

Young Carers

Action for Young Carers –

Text Number: 07814 678 460

Website: [Home - Action for Young Carers \(aycnotttingham.co.uk\)](#)

MacMillan Cancer Support –

Website: [A guide for young people who look after someone with cancer - Macmillan Cancer Support](#)

Nottinghamshire Young Carers Service –

Helpline: 0300 500 8080

Email: enquiries@nottscc.gov.uk

Young Carers Community (Young Carers Assessment)

Contact Number: 01623 433 500

Email: early.help@nottscc.gcsx.gov.uk

Young Carers Transition Project –

Contact details: Naomi Sykes 0115 9629 335

Email: n.sykes@carersfederation.co.uk